



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

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## **Tips for Preventing Heat-Related Illness**

- ☼ Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink.  
Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him/her how much you should drink.
- ☼ Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid.
- ☼ Stay indoors and, if at all possible, stay in an air-conditioned place. If you do not have air conditioning, go to the shopping mall or public library—even a few hours will help.
- ☼ Take a cool shower or bath.
- ☼ Wear lightweight, light-colored, loose-fitting clothing.
- ☼ NEVER leave anyone in a closed, parked vehicle.
- ☼ Visit elderly neighbors and relatives who do not have air conditioning.



### **If you must be out in the heat:**

- ☼ Limit your outdoor activity to morning and evening hours.
- ☼ Cut down on exercise.
- ☼ Try to rest often in shady areas.
- ☼ Protect yourself from the sun by wearing a wide-brimmed hat, sunglasses and by putting on sunscreen of SPF 15 or higher, the most effective products say "broad spectrum" or "UVA/UVB protection."



### **Do Not Leave Children in Cars**

Even in cool temperatures, cars can heat up to dangerous temperatures very quickly. Even with the windows cracked open, interior temperatures can rise almost 20 degrees Fahrenheit within the first 10 minutes. Anyone left inside is at risk for serious heat-related illnesses or even death. Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Healthy Swimming

Healthy Swimming behaviors are needed to protect everyone from germs that may be passed when swimming in recreational waters (pools, rivers, lakes and oceans)

**DO NOT** swim when you have diarrhea. Wait at least 24 hours after diarrhea stops before going swimming. You can spread germs in the water and make other people sick.

**DO NOT** swallow the pool water. Avoid getting water in your mouth.

**DO** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

### For Parents or Caregivers of Young Kids



**DO** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

**DO NOT** change diapers at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

**DO** wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

### Doesn't chlorine kill germs?

Chlorine in swimming pools does kill germs that may make people sick, but it takes time. Chlorine in properly disinfected pools kills most germs that can cause illness in less than an hour. Chlorine takes longer to kill some germs such as Crypto (short for *Cryptosporidium*), which can survive for days in even a properly disinfected pool. This means that without your help, recreational water illnesses can be spread even in well-maintained pools.

For more information about healthy swimming, visit:

CDC's Healthy Swimming website at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)

The Environmental Protection Agency's beaches website [www.epa.gov/beaches](http://www.epa.gov/beaches)

### The Grant County Health Department Community CPR & AED Training in 2010:

Monday, July 19, 2010	5:45PM—9:30PM
Monday, September 20, 2010	5:45PM—9:30PM
Monday, November 15, 2010	5:45PM—9:30PM

The cost for Community CPR and AED training is \$30.00 payable to the health department one week prior to the scheduled class.  
The Community CPR Certification is good for one year.

Visit the Grant County  
website at  
[www.co.grant.wi.gov](http://www.co.grant.wi.gov)  
for more information on  
the Grant County  
Health Department.



The Grant County Health Department will be closed  
Monday, July 5, 2010  
in recognition of Independence Day.  
We will re-open at 8:00am on Tuesday, July 6, 2010.

## WINS Wins in Grant County

WINS is a statewide, tobacco compliance check program which is funded by a Tobacco Control Department of Health Services grant. The Southwest Alliance for Tobacco Prevention, the Grant County S.A.F.E. Coalition, the Grant County Health Department, Platteville Police Department and the Grant County Sheriff's Department partner to develop, coordinate and implement this successful program.

With this partnership and with the cooperation of many of our tobacco retailers in our area, we have maintained a good compliance rate. So far in 2010, eleven checks have been finished. Of the eleven checks, only one establishment sold to a minor. Thus, our compliance rate for 2010 at this point is 91%. In other words, we have few retailers who sell to under-age individuals—our youth. In 2009, there were 100 checks conducted, and only three retailers sold, which left our compliance rate at 97%.



We are fortunate to have a great partnership with the Grant County Sheriff's Department so that we can offer our unique program in Grant County.

Grant County coordinators have trained and educated other counties across Wisconsin about our program and have aided in the state reaching a high compliance rate. In 2001, the compliance rate in Wisconsin was only 66.3%. We have had great success in keeping tobacco products out of the hands of our young people. More checks are under-way in Grant, Iowa and Lafayette Counties as well as other areas of the state.

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## Altering Recipes for Good Health

Modifying recipes to limit amounts of fat, sugar, and salt, and adding more fiber can have health benefits.

Generally you can **reduce sugar** in a recipe by one-third, **fat** in a recipe by one-third, and **salt** in a recipe by one-half (or omit it entirely) without even noticing it. You can substitute half of the all-purpose flour in a recipe with **whole grain or bran flours**. For whole milk, sour cream, or other dairy products, substitute reduced fat versions. For two eggs, you can use one egg and two egg whites, or four egg whites.



By making a few substitutions and changes, you can still prepare your favorite recipes and reduce calories, fat and cholesterol.

*Source: Altering Recipes for Good Health, Texas Cooperative Extension*

For more information on healthy eating, contact  
UW-Extension's Nutrition Education Program at 723-2125.

**UW**  
**Extension**

## Car Seat Grant Awarded to Grant County Health Department

The Wisconsin Department of Transportation awarded the Grant County Health Department a \$2500 grant to provide child safety seats for low income families. Families that qualify for the Women, Infant and Children (WIC) Program, needing a car seat(s) are able to receive car seats for their children **FREE** while supplies last.



Each seat given out will be checked to be sure that it is the correct seat for the child that is using it.

Proper installation and instruction on use will be taught when you receive it. Parents or guardians will also learn about current laws regarding child restraints (car seats) and when it is appropriate to get a new seat.

To take advantage of this program, your child **MUST BE PRESENT!** Contact Cheryl at the Grant County Health Department at (608) 723-6416 for more information.

## Immunizations

Immunizations are available at all WIC and Health Check Clinics. A complete schedule can be found at [www.co.grant.wi.gov](http://www.co.grant.wi.gov).

Immunizations are also given at the Grant County Health Department, 111 South Jefferson Street in Lancaster on Tuesdays from 8:30am to 12:00pm and 1:00pm to 4:00pm. No appointment necessary.



Free children's immunizations include DTaP, Hepatitis B, Hib, Polio, MMR, Prevnar, Rotavirus, Varicella, Hepatitis A, Meningitis, HPV, Tdap, Td. Some free adult immunizations are also available.

**Public Health**  
Prevent. Promote. Protect.

Shots given by the Grant County Health Dept can be accessed at [www.dhfs.wisconsin.gov](http://www.dhfs.wisconsin.gov).



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